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Winnipeg metro

Canadian university adds new gender option to application
metroNEWS

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HANDOUT

Manitobah Mukluks looking to go global
metroNEWS

City's historic venues saved

VOTE

Council awards heritage status to three buildings on Main Street

Stephanie Taylor
Metro | Winnipeg

Wrecking balls won't be swinging against three historic south Main Street buildings.

City council voted unanimously Wednesday to designate the MacDonald Block, Winnipeg Hotel and Fortune Block — home of the iconic Times Change(d) High and Lonesome club — with heritage status.

Doing so saves the properties from demolition, which was a fate proposed by a Toronto-based hotel developer in order to make way for the construction of a $35-million hotel.

"This is a significant moment that we're designating these buildings," area Coun. Jenny Gerbasi told Wednesday's council.

"Many places in the world are losing these unique venues that make their cities special."

Coun. John Orlikow said having an out-of-town developer interested in spending millions in our city was a welcome sight, and an indication Winnipeg was a "world-class" centre.

However, protecting heritage buildings needs to be a top priority, he said.

"I do get a real big sense of pride when I drive down that street," Orlikow said.

"It automatically brings me back to a time when Winnipeg was a Chicago of the North. That is our heritage. That is our soul."

Local businessman John Pollard has previously offered to purchase these buildings and restore them to their 19th-century state.

"I do get a real big sense of pride when I drive down that street."
Coun. John Orlikow

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INFRASTRUCTURE

Council rejects Chief Peguis Trail extension

Stephanie Taylor
Metro | Winnipeg

An effort to delay building an underpass on Waverley Street — and instead extend the Chief Peguis Trail — was squashed at council Wednesday.

Coun. Russ Wyatt asked council to put the Waverley Underpass further down on the city's infrastructure priority list while a provincial task force considers rail relocation in the city.

Instead of the $155-million project, said Wyatt, it should be shelved and council should undergo a "massive paradigm shift" by putting the Chief Peguis Trail extension first.

"This council doesn't believe in rail relocation," Coun. Ross Eadie said Wednesday, in support of Wyatt's motion.

"If you believe in rail relocation, you're going to vote for this. If you don't, then you're not committed to making this city a better place, and an easier place for people to get around."

The city's finance chairman, Coun. Marty Morantz, said last March council voted unanimously in favour of the priority list, which was assembled by the public service.

He even went so far to as accuse Wyatt and Eadie of having ulterior motives in their request beside rail relocation.

"The truth of it is these councillors decided it's not really about rail rationalization — they want Chief Peguis and they can't have it."

Mayor Brian Bowman said even a one-year delay in constructing the Waverley underpass would cost in excess of $7 million.

He added $90 million in provincial and federal funds have already been committed to the project, while cost estimates to extending Chief Peguis Trail — which has two rail lines — could topple $800 million.

"This thing of, 'either you don't care about rail relocation or you want to build the Chief Peguis Trail right now,' is not really a fair thing to say to members of council," Coun. Jenny Gerbasi said.

Coun. Marty Morantz (right) accused Couns. Russ Wyatt and Ross Eadie (not shown) of ulterior motives. METRO FILE

The Jets celebrate after dozens of hats rain down for Nik Ehlers at MTS Centre Tuesday night. TREVOR HAGAN/THE CANADIAN PRESS

Where the wild caps go

NHL

Hat-trick tosses saved, groomed for public future

Braeden Jones
Metro | Winnipeg

This week Winnipeg hockey fans had a rare treat in watching Nik Ehlers score three goals in what would be his first NHL hat trick.

At 14:31 of the second period, Ehlers fired an accurate wrist shot over the Coyotes netminder and hats rained down from the crowd at the MTS Centre.

The effort was part of a 5-2 win over the visiting Arizona Coyotes, and punctuated a rough patch in the Jets' season, which is now on hold for the NHL all-star break.

But while the team — with the exception of all-star Dustin Byfuglien — rest, the hats from Ehler's hatty are being moved into a storage room in the bowels of the MTS Centre, along with hats from hat tricks past.

"We saved the ones from last year, and the ones from last night," said team spokesman Scott Brown. "They'll go through a cleaning process, and then we will … build a display within the next year or two."

Other NHL teams, including the Columbus Blue Jackets, keep hat trick hats in a giant clear bin displayed in their arena's concourse.

The same fate awaits Ehler's hats, along with those from Mathieu Perreault's and Bryan Little's tricks from last season.

"Similar to what some other buildings have done, (we'll be) sort of commemorating the hat tricks with a plaque or something noting the date, and then the display of the hats," Brown said, noting the "design and location" hasn't been solidified.

Another Jets spokesperson said a large case filled with hats could be displayed at either the MTS Iceplex or MTS Centre.

"There is a push to get a location down for this and get this project moving forward," Brown said.

WHAT IT IS

In hockey, a hat trick occurs when a player scores three goals in one game.

Relatives ignored: Critic

FIRST NATIONS

Families not considered if kids seized, says watchdog

The children's advocate for Manitoba First Nations says some child-welfare agencies are breaking the law and discriminating against indigenous family members.

Cora Morgan says the agencies are ignoring capable relatives who could care for apprehended children and instead choose to place them in a stranger's care.

Morgan says a mother in labour at a hospital last week called her because Child and Family Services was waiting to take her baby boy. The parents are struggling with addiction and are enrolled in treatment.

A great-aunt — who is already an approved foster parent — was ready to take the baby, but he was placed somewhere else, Morgan says.

"It's devastating enough to have your children taken ... (but) there was hope for that family. They could live with it a bit better knowing that a family member was caring for their child," the advocate said Tuesday.

Children who can't be cared for by their parents are being placed elsewhere despite family members' willingness to take custody. **The children's advocate for Manitoba First Nations says child welfare services are breaking the law in not considering indigenous relatives.** THINKSTOCK

"A lot of parents don't even meet the foster parents where their children are placed."

The law requires agencies that apprehend children to give priority to family members, but Morgan said that isn't happening. She said one woman was told by social workers that there was no one suitable on her reserve to foster her child. They said the reserve "was no place for children."

The NDP government recently outlined a plan to formalize the practice of customary care in which a child at risk of apprehension is placed with a family member in their community.

There are no repercussions for agencies who ignore the law and the principles of customary care, Morgan said.

"There is nothing that reinforces that in any way. There is no way an agency is held accountable. There should be checks and balances in place, especially in the case of newborn babies."

Manitoba has one of the highest child apprehension rates in the country, and officials seize an average of one newborn baby a day. The province has more than 10,000 kids in care. The vast majority are indigenous.

THE CANADIAN PRESS

> **"It's devastating enough to have your children taken.**
> Cora Morgan

CHILD WELFARE

The province's child-welfare system has come under sharp criticism for years, sometimes for being too quick to apprehend kids or for repeatedly returning them to abusive parents.

Family Services Minister Kerri Irvin-Ross said the government can't second-guess decisions made by front-line workers.

"An apprehension is a last resort," she said. "We know keeping a child within their family unit, as well as keeping them with their community, will have a better outcome. That has to be our priority."

Opposition critic Ian Wishart said that approach is an abdication of responsibility. His office often hears about children being placed in foster homes when other options, exist, he said.

Wishart said it's incumbent upon Irvin-Ross to ensure the law is being followed.

"She sets the policy guidelines for these workers. It's a lack-of-leadership issue," he said.

THE CANADIAN PRESS

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Howard quitting politics

MANITOBA ELECTION 2016

NDP ex-cabinet minister 1 of 5 to challenge Selinger's rule

A former Manitoba cabinet minister who challenged Premier Greg Selinger's leadership announced Wednesday she is leaving politics — a move that one analyst says is a blow to the NDP government's chances in the April 19 election.

Jennifer Howard was nominated for the NDP in her Fort Rouge constituency last May, but bowed out Wednesday, partly due to a desire to spend more time with her two young children. Her youngest was born last year.

"I've watched lots of my colleagues raise their kids while in office, and I respect them for that ... but I also know there's a tremendous sacrifice," Howard said.

"If you're going to make that sacrifice, you have to be completely convinced that it's the right thing to do, and I am not."

Howard has been offered a new job in Ottawa. She wouldn't reveal details, other than to say it offers her a chance "to continue to work for equality and social justice."

She was a key player in the NDP cabinet, holding portfolios such a family services, labour and finance.

> **There's tremendous progress being made on that front.**
> Jennifer Howard, on NDP reunification

She was also the party's house leader during a standoff with the Opposition Progressive Conservatives in 2013 that saw the Tories delay bills to protest a tax hike.

Howard and four of her cabinet colleagues broke ranks in the fall of 2014 and publicly called on Selinger to resign amid slumping poll numbers. He refused to step down and the party held a leadership contest that Selinger survived by a 33-vote margin.

She is the fourth of the so-called rebels to leave politics. Only one, former justice minister Andrew Swan, is running for re-election.

Reuniting the party is an ongoing effort, Howard said.

"There's tremendous progress being made on that front. I won't say that that work is done."

Howard's departure is bound to make life easier for the Manitoba Liberal Party, which currently has only one legislature seat, said political analyst Royce Koop.

The Liberals have surged in opinion polls and Leader Rana Bokhari is seeking her first legislature seat in the constituency held by Howard.

Bokhari will still face an uphill battle in a long-time NDP area, Koop said, but now has an easier path.

"She's not running against an incumbent MLA, a former cabinet minister, someone with a high profile," Koop said.

THE CANADIAN PRESS

Jennifer Howard is not seeking re-election. TWITTER/NDP CAUCUS

EDUCATION

Winnipeg schools moving on transgender policy

The Winnipeg School Division has taken the first steps down a long road toward better accommodating transgender students in its school through policy.

The policy committee got its first glance at the "safe and caring policy — transgender and non-conforming students and staff" earlier this week.

It's meant to help guide teachers and administrators in accommodating transgender students, whether it's through use of separate washrooms and change rooms, or by ensuring inclusive language and preferred pronouns are respected.

The draft states "a student has the right to be addressed by a name and pronun that corresponds to their gender identity or expression," and "transgender and gender nonconforming students have the right to participate in all spaces and activities" in ways consistent with their gender identity.

BRAEDEN JONES/METRO

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Awestruck by the Mukluks

ENTREPRENEURSHIP

Local footwear brand plans international expansion

Braeden Jones
Metro | Winnipeg

Winnipeg-based footwear brand Manitobah Mukluks is one of the fastest-growing companies in Canada, and is looking to "maintain that growth" by expanding internationally.

A new $3.5-million loan guarantee from Export Development Canada (EDC) helped Manitobah Mukluks get the financing needed to break into international exports.

The moccasin and mukluk makers saw their business grow by 335 per cent between 2009 and 2014.

Spokeswoman Tara Barnes said the loan guarantee from EDC lets the company "make more products and grow (the) product offering" to build on that momentum.

"It helps us finance our growth," she said. "Insurance on our loans and our ability to get capital grows the business."

She said the export guarantee program Manitobah Mukluks used is a risk-sharing guarantee EDC provides to the banks, which gives them confidence in lending larger amounts to the upstart company.

That in turn allowed Manitobah Mukluks to meet the demands of larger orders and increase production for international exports.

"This guarantee gives us the confidence we need to partner with customers outside of Canada," said Manitobah Mukluks president Sean McCormick in a prepared statement.

Barnes said a fringe benefit is how that growth plays into the indigenous-owned company's philosophy.

> **Our real vision is to inspire other aboriginal entrepreneurs to succeed.**
> Tara Barnes

"Our real vision is to inspire other aboriginal entrepreneurs to succeed like we have," she said, adding that the success Manitobah Mukluks has enjoyed will also give investors faith in partnering with aboriginal business.

"Aboriginals probably have more barriers to entry so anything we can do to lessen those barriers really does fit our social mission."

McCormick said growing the company's export capacity allows that vision of a vibrant brand with positive effects to be shared globally.

Manitobah Mukluks president Sean McCormick has seen his business grow by 335 per cent between 2009 and 2014. CONTRIBUTED

IN BRIEF

RCMP investigate baby's death on reservation

Manitoba RCMP say they are investigating the death of a two-month old baby girl near the Sioux Valley Dakota First Nation. Mounties from Virden were called to the reserve west of Brandon on Jan. 4 when an infant was taken to a Winnipeg hospital in critical condition.

Sgt. Bert Paquet says the investigation so far has determined that other children in the community are not at risk.
THE CANADIAN PRESS

Messy weather makes for miserable commute

Mother Nature may have raised the temps, but she decided to make it messy. Dozens of crashes backed up traffic throughout the city on Wednesday morning, thanks to an accumulation of snow overnight, warmish temperatures hovering around -5 C in the morning, blowing snow and slick roads. Visibility was down due to the blowing snow, and cars and semi trucks slid into ditches. METRO

Housing market still humane

HABITAT FOR HUMANITY

Charitable organization changes policy due to inflation

Stephanie Taylor
Metro | Winnipeg

Housing market inflation has resulted in one long-time organization changing the way it finances homes for those less fortunate.

Habitat for Humanity — an international organization with a chapter in Manitoba — works to help low-income earners afford home ownership.

One of the ways it does so is by offering families interest-free mortgages until a house is sold or paid off.

"That policy was crafted 25 years ago, when houses cost $50,000 to $60,000, and even the lowest-income families could pay them off without difficulty in 20 years," CEO Sandy Hopkins said in a recent interview.

Habitat for Humanity's Manitoba chapter is changing how their mortgages work. CONTRIBUTED

"Well now the houses are five times that expensive … but unfortunately, family incomes have not increased by that same five-fold, so the amortization period had extended out to 50, 60, even 70 years. And that's just not sustainable."

That's why last year, Hopkins said the policy was changed so that families who apply for a home would be instead offered a 15-year interest-free mortgage, and be expected to obtain regular mortgage in year 16.

It is a policy that will continue into this year, he said.

"If they were diligent in making their payments every month and every year, then after 15 years they would have more equity in the house than debt," he said. "They would have no difficulty obtaining a conventional mortgage."

> **For new families coming in it's still a heck of a deal.**
> Habitat for Humanity CEO Sandy Hopkins on the organization's new policy.

Hopkins said the change does not affect those families with previous housing agreements with the organization, and has no impact on the qualification process.

Staff wrestled with the policy change for upwards of a year, he said, costing out several alternatives, but settled on a shorter interest-free mortgage as the best solution.

"For new families coming in it's still a heck of a deal. You're able to purchase a home, a brand new energy-efficient home for no money down, no interest on a mortgage for 15 years and payments geared for your ability to pay rather than the value of the property."

CRIME

Man gets seven years for manslaughter of boyfriend following HIV confession

A Winnipeg man has been convicted of killing of his boyfriend after learning the man was HIV-positive. Michael Pearce, 47, was found guilty of manslaughter Tuesday and sentenced to seven years in prison.

Stuart Mark, 36, was found dead in his home in January 2007. Court heard Mark suffered 58 blunt force injuries consistent with a golf club. The Crown argued Pearce knew specific details about the weapon used to kill Mark and the exact location his body, saying it was information only the killer would know.

Judge Chris Martin told court that he could not ignore that evidence, adding Pearce killed his boyfriend in a fit of rage because Mark did not tell Pearce he was HIV-positive until after they had unprotected sex.

"Simply put, you lost it," Judge Martin told Pearce.

Pearce will serve just over five years with credit for time already served.

THE CANADIAN PRESS

Strangers linked by mystery disorder

HEALTH

Athlete learns of rare genetic mutation by woman's call

Canadian hurdler Priscilla Lopes-Schliep can't forget the phone call. A woman from Iowa rang her up and claimed they might share a rare genetic condition.

Lopes-Schliep still recalls that Sunday in February 2014 when the caller said, "I looked you up on the Internet and I saw pictures of you."

That caller, Jill Viles, 41, has spindly arms and legs and needs a motorized scooter to get around because her muscles are too weak.

Lopes-Schliep, on the other hand, has powerful muscles all over her body. The 33-year-old former hurdler won an Olympic bronze medal in 2008.

What rare condition could they possibly share?

What triggered the call was a picture of Lopes-Schliep in her running gear, showing her powerful build. The photo was noticed by Viles' sister and set in motion the unlikely events that would tie Viles and Lopes-Schliep together.

For years, Viles pushed doctors and researchers for answers to her health problems. Viles suspected she might have lipodystrophy, a rare genetic disorder, characterized by fat accumulating in the neck, face and pelvic areas.

She had already been diagnosed with a rare gene mutation-related ailment, Emery-Dreifuss muscular dystrophy, which causes extreme muscle weakness and joint stiffening.

During the phone conversation on Feb. 2, 2014, the two shared their histories — similar stories about being teased about their veins while growing up, the loss of body fat. Lopes-Schliep's interest was piqued.

The two women would meet the following April at the Westin Harbour Castle hotel in Toronto. They spent the afternoon together, with Viles' mother and Lopes-Schliep's young daughters in tow.

Then came a big ask: Viles wanted Lopes-Schliep to get tested for the suspected mutation.

The runner says she didn't feel pressured and agreed because "sometimes you have a feeling in your gut."

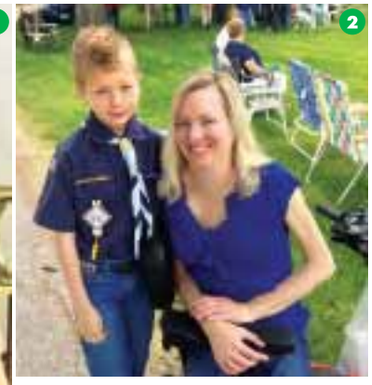
Later that year, Viles tracked down Dr. Abhimanyu Garg, a professor of internal medicine and metabolic disease at the University of Texas Southwestern Medical Center. Garg, a leading expert in lipodystrophy, agreed to conduct genetic screening to check for the condition.

The tests confirmed both Viles and Lopes-Schliep have lipodystrophy.

The discovery of the genetic link the women share is credited for saving Lopes-Schliep from a pancreatitis attack due to her condition. Garg called Lopes-Schliep to warn her she was on the verge of a pancreatitis attack because of the high level of fat in her blood, a symptom of lipodystrophy.

"My jaw dropped," the runner says. That's because her cousin had a pancreatitis attack about a year earlier and spent almost two weeks in hospital, much of that time being fed through a tube.

Lopes-Schliep says she's eternally grateful that Viles had the courage to reach out. As Viles sums it up: "It's been an amazing journey." TORSTAR NEWS SERVICE



1 **Former Canadian Olympic hurdler and bronze-medal winner Priscilla Lopes-Schliep has something in common with Iowa mom Jill Viles: different mutations on the same gene.** CONTRIBUTED 2 Viles with son Martin. CONTRIBUTED 3 Lopes-Schliep competes during the 60-metre hurdles race in Sherbrooke, Que., in 2012. THE CANADIAN PRESS

LGBTQ ISSUES

U of A adds third gender option

Alex Boyd
Metro | Edmonton

Students applying to the University of Alberta will soon have another option beyond male and female when disclosing their gender: "Another/prefer not to disclose."

"It makes the point to really say, 'We include you,'" said Cody Bondarchuk, with the student union, who campaigned on the issue when he ran for student office last year. "Talking to the students who felt like they didn't feel included was really heartbreaking."

Bondarchuk KEVIN TUONG/ FOR METRO

Bondarchuk said that while gender data is useful for demographics, students shouldn't have to disclose if they don't want to — and the change is part of a larger move to make non-binary students feel more welcome.

At this point the new, third option appears only on the paper application form, so university staff can input data manually and override the gender settings.

Acting associate registrar Norma Rodenburg said this is the first step in changing the way the university organizes its records. Gender is currently used by computerized systems to search student records and prevent things like duplicate profiles, which has made it difficult to remove it entirely, she said.

"But the longer goal is changing our reliance on the data points that we're using to manage our records," she added.

SYRIAN CRISIS

Tories skirted UN refugee rules

Released documents paint the clearest picture to date of how the Conservatives' controversial approach to Syrian refugee resettlement played out last year.

The prior government had originally committed to take in just 1,300 Syrian refugees. Former prime minister Stephen Harper had been under intense pressure to increase that total, but only agreed to accept 10,000 more, provided that religious and ethnic minorities were prioritized.

The policy was contentious. The vast majority of the refugees are Muslim. The decision to hone in on "religious minorities" prompted allegations the government was biased against Muslims and was violating UN principles of refugee resettlement.

The refugees Canada accepts for resettlement are chosen by the UN. They do not use ethnicity or religion as a basis for determining whether someone requires resettlement.

But documents tabled in the House of Commons this week show a workaround. Visa officers were instructed to track "areas of focus" for refugees, including whether someone was a member of a vulnerable ethnic or religious minority, the documents say.

They applied that criteria to the files they received from the UN. "Cases meeting at least one of the areas of focus were identified for expedited processing," the documents say. "Cases that did not meet the areas of focus were included in the mission's inventory and processed as a regular case." THE CANADIAN PRESS

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Trump still holds the cards

IOWA CAUCUS

Debate snub ensures all eyes remain on GOP frontrunner

Once again, Donald Trump steals the show.

The billionaire Republican's decision to tangle with Fox News and skip the final presidential debate before Iowa's kickoff caucuses all but ensures that he — and he alone — will dominate the conversation in the closing moments of campaigning in 2016's leadoff state.

It's a move that for any other candidate would probably be viewed as unpresidential. But for Trump, it's more likely to serve as fresh evidence that he's successfully redefining the art of presidential politics.

Instead of appearing on the debate stage Thursday night, Trump said he will host an event at the same time to raise money for wounded veterans.

The move puts the other seven Republican participants in an awkward position. Attack the party's absentee front-runner and provide him with even more attention? Or ignore him, and leave voters wondering what they think of the national Republican front-runner's hardball play just days before the Feb. 1 caucus?

Republican presidential candidate Donald Trump, left, and Fox News Channel host and moderator Megyn Kelly are pictured. Trump isn't backing down from his threat to boycott Thursday night's GOP debate after calling Kelly a "lightweight" and biased. THE ASSOCIATED PRESS

"I think, you know, the media's been handled by him," said New Jersey Gov. Chris Christie, one of Trump's rivals for the Republican nomination. "Folks have allowed him to do things that no other candidate's ever been allowed to do in American presidential history."

Trump's presidential run has been defined by such moments. He's questioned whether Arizona Sen. John McCain is worthy of being called a war hero, graphically criticized Fox News anchor Megyn Kelly and unveiled a widely condemned plan to bar Muslims from the United States.

> **At the end of the day, Mr. Trump is going to have the last laugh.**
> Corey Lewandowski, campaign manager

Each led his rivals, political professionals and pundits to predict his undoing. But instead, Trump has maintained his support in the preference polls he loves to tout — a reflection of his ability to capture the feelings of a Republican electorate deeply skeptical of the party's establishment and of the country's news organizations.

"Every candidate has the right to decide not to participate in a sanctioned debate," said Steve Duprey, the official in charge of the Republican National Committee's debate efforts. "Time will tell whether this works to his benefit or hurts his campaign." THE ASSOCIATED PRESS

SOCIAL MEDIA

Matador sparks outrage

A Spanish bullfighter took his five-month-old daughter into the ring with a charging bull just six months after he was "gored" while performing and nearly 22 years after his father died from bullfighting injuries.

Francisco Rivera Ordonez's daughter, Carmen, was born on Aug. 19. Just ten days earlier, her father was hospitalized after being "gored in the groin by a bull" on Aug. 11.

The Ombudsman of Andalusia referred the image, posted to Ordonez's Instagram account, to Spanish prosecutors.

The image initially provoked furor on social media, lead by animal activists such as comedian Ricky Gervais, who tweeted: "Mental, dangerous & cruel. With or without a baby."

Ordonez followed the original message, which spoke of Carmen's "debut", with a post apparently showing him in his father's arms in front of a charging bull, alongside the caption: "History repeats itself." TORSTAR NEWS SERVICE

Clothing retailers in crisis

APPAREL

International competitors take up 'huge market space'

Le Château has become a penny stock, Reitmans is trading at less than $4 and Danier Leather at $1.35, signalling a lack of confidence in Canada's few remaining publicly-traded apparel retailers.

"It isn't a big club in Canada, that's for sure, and it's a shrinking club," said Phil Lichtsztal, partner and lead of the Retail Consulting Services Group at Richter LLP. "If we look back over the past 20-30 years, there is no question that these domestic retailers are very heavily challenged with the entry of international competitors, like Zara, H&M and Forever 21, which have taken up huge market space and share in very little time."

On the horizon loom new competitors: Nordstrom, Simons and Japanese retailer Uniqlo.

High household debt levels, a wrenching drop in the price of oil and the value of the Canadian dollar and the increasing — and unpredictable — growth of online shopping are taking a toll.

Online shopping in November and December increased 20 per cent this year over last, according to data from MasterCard. But it still represented only 9.84 per cent of total retail sales during the period.

"With every device quickly becoming a commerce device, we predict the growth of online shopping to continue at this pace," said Sarah Quinlan, Senior Vice President, Market Insights for MasterCard Advisors.

Canadian retailers have been late to the game with online shopping, said Lichtsztal.

Canadian retailers need to be more innovative, said Mark Lee, a professor at Ted Rogers School of Retail Management. "Internationally, Canadian brands aren't as strong as others in the world. No one is jumping on a plane to buy at Le Château, or Holt Renfrew."

A big problem with some retailers is sameness of product, said Lichtsztal.

"If you're selling the same-old, same-old, in terms of experience and same-old, same-old in terms of product, that is not a good mix."

The good news, for troubled Canadian retailers, is that the line-up of U.S. retailers trying to get into the market has vanished in the wake of Target's failure.

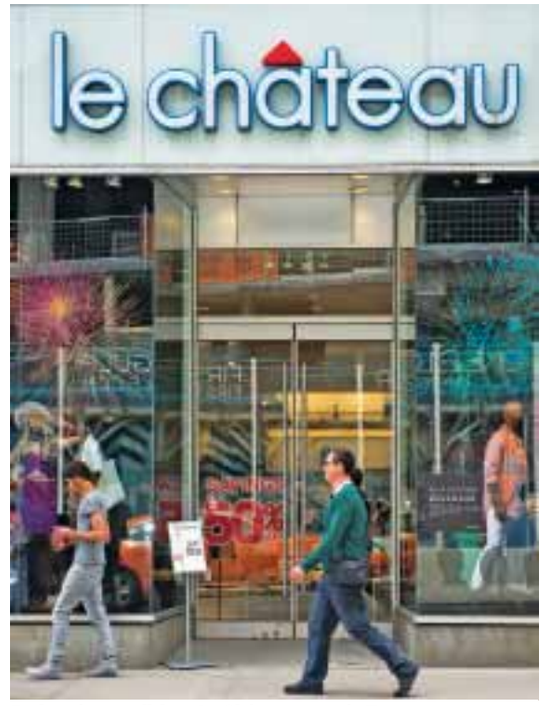
> **It isn't a big club in Canada, that's for sure, and it's a shrinking club.**
> Phil Lichtsztal

However, some Canadian retailers with a sharper focus — including upscale fashion retailer Artizia, athletics wear company Lululemon and value fashion retailer Dynamite — are performing well.

Outlet malls are also doing brisk business, said Lichtsztal.

Retail consultant Wendy Evans said Roots is an example of a Canadian retailer that has met with success at home and abroad by building a niche.

TORSTAR NEWS SERVICE



Pedestrians walk by a Le Château store in Toronto.
TORSTAR NEWS SERVICE

VIRTUAL CURRENCY

Banks eyeing Bitcoin

The virtual currency Bitcoin has earned a reputation as a plaything for libertarians or a tool used to covertly buy drugs on the Internet.

But more recently the technology underlying the currency — referred to as "blockchain" or "distributed ledger" technology — is being touted as the next big thing poised to transform the financial services industry.

In order to prevent themselves from being blindsided, Canadian banks are jumping on board, exploring ways the technology can help streamline their processes.

Although Bitcoin was first perceived as a disruptive threat to the banks, creating the opportunity for customers to transfer money between each other directly, the technology that underpins it now promises to improve the banking experience in a number of areas, including cross-border transactions.

THE CANADIAN PRESS

Edmonton first in Canada to legalize Uber

Ryan Tumilty
Metro | Edmonton

After a marathon debate, councillors have passed a bylaw that will make Uber legal in Edmonton, making it the first city in Canada to legalize the ridesharing service.

In an eight to four vote, council passed a new bylaw that would allow Uber — or any other ridesharing firm — to operate legally, provided they have sufficient insurance and register with the city.

Mayor Don Iveson said the bylaw was a step forward, even if it wasn't perfect.

"It enables innovation … It enables competition rather than constrains it," he said.

AUTO SAFETY

Exploding airbag possibly killed another driver

The driver of a 2007 Honda Civic died last year in India, according to Takata documents posted Wednesday by the U.S. National Highway Traffic Safety Administration. An inflator exploded, but authorities in India have not determined the cause of death, the documents said. If the inflator was the cause, it would be the 11th person killed worldwide by Takata air bags. But Honda spokesman Chris Martin says Indian authorities found that other injuries from a high-speed crash were the most likely cause of the driver's death.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, January 28, 2016

JOHN HONDERICH ON POSTMEDIA'S PAUL GODFREY

Let him make his case about the state of the industry. And let him attack (Torstar). But get your facts right, Paul. That's the least we should expect from the CEO of a newspaper chain.

There you go again, Paul.

Trifling with the truth about the newspaper industry.

Paul, of course, is Paul Godfrey, CEO of Postmedia, the newspaper chain that just announced the merger of newsrooms in Vancouver, Calgary, Edmonton and Ottawa and the laying-off of 90 more staff.

The move has sparked a firestorm of criticism and Godfrey seems to be out on a speaking blitz arguing his case. One of the major bones of contention has been the virtual control of the company by New York hedge funds, Golden Tree in particular.

Godfrey spoke Monday to the C.D. Howe Institute and has given separate interviews.

There is one major point he has been emphasizing, to what end is not clear. Here's how he put it.

"If it wasn't for Golden Tree Asset Management, this chain may not be in existence today, because there were no Canadians who stepped up to buy (the papers).… People should be happy that at least somebody (bought) the newspapers and kept a lot of people employed."

Really, Paul?

What he is referring to is the process in 2010 when a bankrupt CanWest was forced to put its big city newspapers on the trading block.

The New York hedge funds, with Godfrey as their front, eventually won the day.

Were there any Canadian bidders? You bet.

How about Torstar, of which I am the Chair of the Board? And we are Canadian.

We submitted a bid of approximately $800 million and in fact, we announced so publicly on May 3, 2010.

I did a Google search and there were at least 20 stories in the Globe, Marketing Magazine, Canoe, J-Source, and the Star about our bid. It was public knowledge.

One of (Godfrey's) major bones of contention has been the virtual control of the company by New York hedge funds.

And how about Birch Hill Equity Partners, another Canadian firm?

Led by David Samuel and involving former Osprey owner and longtime newspaper proprietor Michael Sifton, Birch Hill also put in a bid. Again, everyone in the process knew about this.

So where were you, Paul?

And what about those subsequent chats you and I have had about that process and what unfolded? Have you forgotten?

And while we're at it, what about your bald statement that Golden Tree is only an equity player and not involved in the company's staggering debt?

Postmedia's own Management Information Circular, posted on its website, states clearly, "Golden Tree and certain investment funds to which it serves as an investment adviser own Variable Voting Shares and a portion of the first-lien (debt) and second-lien (debt.)"

Seems pretty clear to me.

In the same speech, Godfrey attacks the Star's tablet initiative, which is entirely his prerogative. And let him make his case about the state of the industry. And let him attack us.

But get your facts right, Paul. I think that's the least we should expect from the CEO of a newspaper chain.

John Honderich is a former publisher of the Toronto Star. He is chair of Torstar's board of directors.

THE MICROTREND: XO Canada

How you swap spit may have more to do with your postal code than your partner's preferences. According to a new survey, the way Canadians kiss varies widely from province to province. British Columbians are three times more likely than average to go for a long kiss, and Albertans are most willing to dump a bad kisser (22 per cent would, versus 17 per cent of their B.C. neighbours). And — quelle surprise! — Quebecers love French kissing most of all. Forty-seven per cent said they prefer tongue, while only 24 per cent of chaste Maritimers do; the Canadian average is 38 per cent. (It should be said that the study smacks of self-interest: It was done by a company that makes cosmetic lip filler). However, it is true that kissing is cultural. A 2015 study of 168 ethnic groups around the world found that, far from being universal, only 46 per cent practiced romantic kissing at all. If you're one of those who is not interested in kissing for the purposes of love, perhaps you could get into it for the immune challenge: You impart an average of 80 million bacteria to your partner with every smooch. SOURCE: EMERVEL

ROSEMARY WESTWOOD

metroview

This may be the worst January ever, but soon it will be dead.

I have a friend who, if she had to pick a last meal, would pick a dinner party.

There would be several courses and kinds of cheese, and a signature cocktail — something stiff nicknamed "The Reckoning" or "Denouement."

Only a handful of things (outside actually dying) could keep her from attending a dinner party, but January is on the list. This January, in particular.

She didn't concoct an excuse. She just wasn't feeling like herself, hadn't been for a few weeks, and thought it best to hide in a hole until it passed.

I might have been more alarmed if that didn't sound just like January, this particular January, to suck your own sense of self right out of you.

Just a few days earlier, another friend for whom crying is decidedly out of character — akin to humility on Donald Trump — admitted she burst into tears in public. In a café. Sitting at the bar as the baristas pulled espressos, "crying in their faces."

I can't remember a January feeling quite this bad. Yes, it is a notoriously terrible month. Last week we hit the saddest Monday of the year — a title with little scientific merit, but seized nonetheless by public officials holding open houses on seasonal affective disorder.

January's also dubbed divorce season, and new research from one U.K. law firm suggests that's because couples hold out over December to avoid ruining the holidays. Another friend who works in investment management noted a lot of clients tend to die in January, having similarly fought through the end of the year. That might also explain why obituaries of famous people have been headlining newscasts for weeks.

My sample size for those currently suffering from worst-January-ever is admittedly small, female, and early 30s. So maybe it's about being at an age when you feel you should be a fully formed human with a fertility plan and topped-up RRSP, so what are these emotional diapers doing here?

Never mind, January. I'm onto you. You can drape dull, shapeless clouds over grey skylines. You can sink us into unending evening blackness and strip away the little greenery left in the city. You can soak the west in daily rain till even bones feel damp, and leave us all with the sense that we'll never be all that we can be in 2016, even if we joined the army.

But in just a few days, you'll be dead, January. And eventually, so will winter. And even if we have to hide in a hole until it passes, we're going to feel like ourselves again. Soon.

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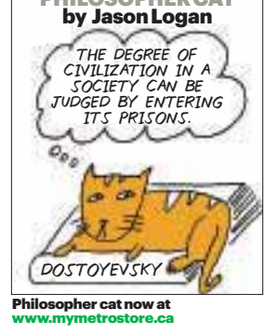

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metro LIFE

Your essential daily news

Trevor Noah is writing a book of personal essays due in November

Falling into forbidden love

MODERN ROMEO AND JULIET

Story exposes Afghanistan's patriarchal terrorism

Henrietta Walmark
Metro | Canada

The Hindu Kush region on the outskirts of Kabul offers few hiding spots for Afghan lovers on the lam. MANJUNATH KIRAN/AFP/GETTY IMAGES

Rod Nordland, international correspondent at large for the New York Times, thinks Canada would be the very best place for Afghanistan's Romeo and Juliet.

The veteran journalist was Kabul bureau chief for the NYT in March 2014 when he first wrote about Zakia, then 18, and Ali, 21, the young Afghan couple who risked all for love. Norland's story about the defiant lovers who went into hiding to escape death threats from Zakia's family, captivated readers around the world. The American newsman wrote more than a half dozen follow-up stories about the star-crossed pair over the next year.

So why revisit their story in book form now, Nordland was asked in a phone interview from New York on Tuesday, the day of the launch of The Lovers (HarperCollins, $33.50).

"There was no way I could do justice to it through newspaper stories," he says. "It was just very liberating to be able to say everything I thought there was to say about not just their story but the lessons that their experiences have for women in general in Afghanistan."

He hopes the book, subtitled The True Story of How They Defied Their Families and Escaped an Honor Killing, will garner so much attention that it will inspire or shame someone in authority to help the couple who are still holed up in Afghanistan; someone in a Western government who would be willing to bend the rules a bit to give Zakia and Ali asylum.

If we turn our backs on them, they won't have any hope at all.

Rod Nordland, author of The Lovers, says of Afghanistan's women

Canada's new government has made Nordland hopeful of what he calls his "best-case scenario" for Zakia and Ali. "In the United States, we say to a refugee, OK, after we finally let you in after years and years, now we're just going to let you sink or swim, you know it's up to you," he says. "Whereas Canada gives people more of a safety net and literacy training and language training that this couple very much needs."

Nordland brings Zakia and Ali's romance vividly to life — it's easy to fall under the spell of the impetuous yet devoted couple.

But he moves The Lovers beyond that narrow narrative to locate their love story in the harrowing reality of what it means to be female in Afghanistan today.

"Some of those stories are pretty horrifying," he says. "It doesn't get much worse than the story of Brishna, the 10-year-old raped by her mullah [a religious leader]. Her family tried to arrange to marry her [to her rapist] and was supported by the president of the country."

Though Nordland admits he's felt at times that there is nothing anyone will ever be able to do about the situation in Afghanistan, he adds that we can't just say a pox on all their houses.

"There are women in Afghanistan whose expectations of a better life and freedom from this patriarchal terrorism they live under have been raised. They really do have a lot of hope for the future. If we turn our backs on them, they won't have any hope at all. In the end, as discouraging as the whole picture is, we need to try to do something about it."

Freewheeling dreams of a 1960s Halifax man

THE MOTORCYCLIST

George Elliott Clarke pens book inspired by father's diary

Sue Carter
For Metro Canada

When George Elliott Clarke's father died in August 2005, the loss hit him harder than he ever imagined. Their relationship had been strained and, like many children, Clarke never felt he really understood who his dad was.

So when his dad bequeathed him his diary, Clarke found an opportunity to get to know his parent in a real way. But it took the Toronto author and poet many months before he felt emotionally ready to open the journal, which covered 1959, the year Clarke was conceived.

Therein he discovered a father he had never known — a self-taught artist who loved women and his motorcycle in equal measure, trying to make the best of his life living in economically depressed and racially tense Halifax.

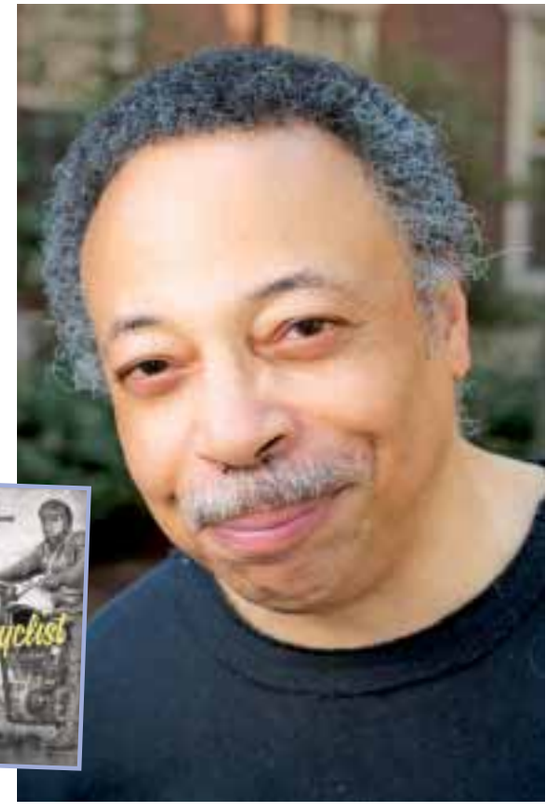
Most importantly, Clarke discovered a man "who was vulnerable, uncertain about himself and indecisive," completely dissimilar to the overly confident father with whom he would constantly argue. This young man would form the core of Carl Black, the lady-killer protagonist in Clarke's new novel, The Motorcyclist, published by HarperCollins.

Clarke, who was recently appointed the Canadian Parliamentary Poet Laureate, is the most prolific and well-regarded documenter of the East Coast Africadian community. His 2001 poetry collection, Execution Poems — about his cousins, who were hanged in 1949 for the murder of a New Brunswick taxi driver — won the Governor General's Literary Award and introduced many readers outside of Atlantic Canada to an often overlooked black history. (Clarke later adapted their story into the novel, George and Rue.)

About 13 years ago, Clarke says he changed his creative process by reading his words aloud while writing. For The Motorcyclist, which pounds like a drum or the revving of an engine, Clarke recited each sentence, often twice, trying to "figure out the cadence, rhythm and musicality of a line."

The biggest challenge in writing the book, says Clarke, was getting some distance from his dad's story. He imagined what it must have been like to be part of the "On the Road generation" — immersed in the freewheeling beatnik spirit of Allen Ginsberg or Jack Kerouac, but remaining confined by geography and economic realities. His father's generation came of age just before the advent of the pill, where sexual experimentation meant the risk of unwanted pregnancies, and, often worse, marriages.

"How did those aspirations for greater freedom or liberty translate into the milieu of the Maritimes?" asks Clarke. "These were relatively small cities and folks, who may not have travelled very much or had much education, which was certainly true of the black community."



George Elliott Clarke says it wasn't until his father died and bequeathed him his diary that he had an understanding of the man. CONTRIBUTED

While much of Carl's journey comes from his father's life, Clarke says he is a composite character made up of the experiences of young Nova Scotian men of the era. "Carl became a way for me to explore a well-read young man with an interest in the wider world," says Clarke, "and how he navigated the somewhat narrower byways and highways of Halifax and Nova Scotia."

Sue Carter is the editor at Quill & Quire magazine.

ARCHIVES

Lost Beatrix Potter set to be published

A newly discovered story written more than a century ago by the cherished British children's author Beatrix Potter will be published in September, Penguin Random House announced Tuesday.

The Tale of Kitty-In-Boots, a story about a black cat that leads a double life, was found two years ago by Penguin Random House publisher Jo Hanks.

Potter is best known for The Tale of Peter Rabbit, which has sold 45 million copies and been translated into 36 languages. The publication of the newly-uncovered tale forms part of this year's celebrations marking the 150th anniversary of her birth.

Hanks found a reference to the story in an out-of-print literary history of the author.

Hanks delved into the Potter archives held at the Victoria and Albert Museum in London and discovered the 1914 manuscript.

AFP

BOOK BRIEF

The Lie Tree wins Costa Book of the Year

The Lie Tree, a Victorian mystery for young readers, has won Britain's Costa Book of the Year prize — a rare triumph for youth fiction at a major literary prize.

Author Frances Hardinge said she was surprised and delighted to receive the $50,000 prize Tuesday night. She said that "sometimes children's fiction is seen as a bit lightweight, in a way that I think is not deserved."

Open to writers form Britain and Ireland, the prize selects a champion from winners in five categories: novel, first novel, biography, poetry and children's book.

Hardinge beat Kate Atkinson's wartime novel A God in Ruins; Andrew Michael Hurley's debut horror novel The Loney; Andrea Wulf's biography of scientist Alexander Von Humboldt The Invention of Nature; and poet Don Paterson's 40 Sonnets.

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MUSIC BRIEFS

Rihanna releases Work single featuring Drake

Rihanna announced via Twitter the release of a new track featuring Drake from her upcoming album Anti.

The release comes amid rumours that the full album will be available as early as Friday. Anti was originally expected to be released last year but has been repeatedly postponed. In 2015, three singles by Rihanna made the Billboard Hot 100: American Oxygen, Bitch Better Have My Money and FourFiveSeconds in collaboration with Kanye West and Paul McCartney. Anti will be Rihanna's eighth album. AFP

GLAAD AWARDS

Banner year for visibility

The Danish Girl is up for a GLAAD Media Award in a year where a record number of nominees feature transgender characters and subject matter. The gay, lesbian, bisexual, queer and transgender advocacy group announced the 101 nominees for its 27th annual honours on Wednesday.

Academy Award contenders The Danish Girl and Carol are up for outstanding wide-release film alongside Dope, Freeheld and Grandma. The awards honour outstanding images of the LGBTQ community in music, movies, TV and journalism.

"This year's nominees have raised the bar for creating thoughtful and diverse LGBT images and story lines, deepening audiences' understanding of LGBTQ people and accelerating acceptance across the world," said GLAAD President and CEO Sarah Kate Ellis in a statement.

The awards will be presented this spring in Los Angeles and New York. THE ASSOCIATED PRESS

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Writer and creator of Girls talks about her favourite books.
GETTY IMAGES

Dunham's top 3 reads

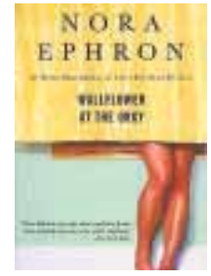
READING LIST

Girls' creator recommends

Lena Dunham, Emmy and Golden Globe-winning creator of HBO's Girls (Season 6 launches April 24) tells us about three books that have influenced her.

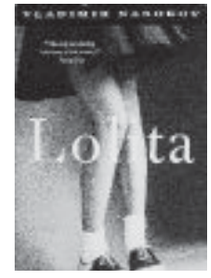
1 Wallflower at the Orgy by Nora Ephron

They're beautiful, funny personal essays that are really important to women and also great journalism. So it's a huge one for me. I dedicated my own book to Nora. She was a close friend of mine and obviously a huge influence to me and to everyone who was lucky enough to meet her. She was so supportive of me writing my own book, Not That Kind of Girl: A Young Woman Tells You What She's Learned.



2 Lolita by Vladimir Nabokov

It's just a beautiful, important novel, although it's previously been wrapped up in scandal. But when you read it, it's got a very strong morality to it. And in a lot of ways it sides with this young female character, Dolores Haze, despite being narrated by a man, and that's an unusual perspective. It still feels really modern because the use of its language feels modern and the story is fascinating.



3 Sula by Toni Morrison

It's another that is a big deal for me. I loved the book and the way that it explored relationships between women and issues of identity for women. And it was just really influential to me in my teenage years. I'd suggest that anyone would benefit and be entertained by reading these three books.

TORSTAR NEWS SERVICE

Actors Eliza Taylor, Marie Avgeropoulos and Adina Porter star in the CW sci-fi series The 100.
RICHARD SHOTWELL/INVISION/AP

Groundbreaking hit changing rules

THE 100

Sci-fi series has female leaders, sexual fluidity, social analysis

In an industry where ratings seem to be decreasingly relevant and the value placed on social media engagement is high among network bigwigs, few series have taken Instagram and Twitter by storm like Vancouver-shot series The 100.

Based originally on the trilogy penned by Kass Morgan, the apocalyptic series follows 100 delinquent minors from a space colony low on resources who travel to a nuclear-riddled Earth to see if it is habitable. A Lord of the Flies-inspired social experiment ensues as the teens learn to navigate the land and fend off attacks from those who made a home there after the thermonuclear cataclysm.

Since its 2014 premiere, The 100 has strayed far from the original source material, creating a world in which LGBTQ and female role models shine through unlike few other shows on television.

In turn, The 100 has managed to attract a rabid fan base starved for such material, quietly changing expectations in a dynamic series with plenty of twists and turns to keep viewers on the edge of their seats.

Here's a look at how the CW series, also available on Netflix Canada, is poised to continue breaking boundaries and offering up strong social commentary in its third season.

The LGBTQ characters

In the Season 3 premiere, main character Clarke (Eliza Taylor) is intimate with another female. According to showrunner Jason Rothenberg, that scene was intentionally designed to solidify Clarke as a bisexual character without needing a debate or dialogue about her sexuality as part of the storyline. That silence speaks volumes about accepting gender fluidity and sexuality without explanation.

The female leaders

Having a character the media can describe as a "strong, powerful woman" isn't a new thing; in fact it could be overrated. But having several complex female role models who are respected in their communities, able to interact with each other, battle with the best of the dudes and define their own sexuality certainly is. While there is an equal mix of gender on The 100, it's been Clarke, Lexa (Alycia Debnam-Carey), Octavia (Thunder Bay, Ont.'s Marie Avgeropoulos), Raven (Lindsey Morgan) and Abigail (Paige Turco) who have saved the day on numerous occasions, standing up for their beliefs and being treated like true equals among their various camps.

Social commentary

If at their core humans are self-destructive, The 100 doesn't shy away from that belief. History is often repeated on the series, and the pros and cons of ideologies explored, from communism and dictatorships to leaders with the power to expel entire populations. In keeping with the current American political climate, the third season features a Donald Trump-type character with some scary ideas about how to best serve his people, even if it means spreading hate and prejudice for his own gain.

War games

Throughout two seasons, war has been a large part of the show, as the "Sky People" (those who came from the colony) have battled various "Grounders" (those who inhabited the Earth after the nuclear event). Each season has focused on one particular war with a common enemy, showcasing the strategies and sacrifices involved. Certainly, TV series have taken greater risks with character deaths since Game of Thrones and The Walking Dead, but this show isn't afraid to show what true sacrifice looks like in the name of the greater good. It also showcases the effects of those decisions; if a character is hurt, physically or emotionally, they aren't cured the next week.

Social media love

Although the show has garnered online attention from fans, part of that success is due to the off-screen antics of the cast and producers. The stars are quite active on social media, following along with fans during live broadcasts. Meanwhile, the show's writers' room also has official Twitter and Tumblr accounts in which the scribes interact with fans, sharing plenty of insider tidbits and photos to enhance the viewing experience. If the passionate, growing fan base is any indication, it's a move more networks should endorse in the near future as they look to different audience metrics to measure success.

AMBER DOWLING/TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

The personal side of international affairs

THE SHOW: Madam Secretary, Season 2, Episode 12 (CBS/Global)
THE MOMENT: The Incisors

U.S. Secretary of State Elizabeth McCord (the fabulous Téa Leoni) is trying to leave the office. Her chief of staff Nadine (Bebe Neuwirth) stops her. "I'll be going with you to Myanmar tomorrow instead of Jake," Nadine says.

"Okay. Everything all right?" Elizabeth asks.

"I just thought he could use a break," Nadine says. "The baby's teething. Incisors."

Both women wince.

"Those are the tough ones," Elizabeth says. "What's the real reason?" Nadine takes a breath.

"I recently found out my son is there," she says.

"Your son?" Elizabeth asks, surprised.

"From a brief affair when I was touring Europe with a dance troupe," Nadine explains.

"Dance troupe?" Elizabeth asks.

"Before law school," Nadine replies.

Leoni and Neuwirth in Madam Secretary. CONTRIBUTED

"You and I really should have gone out for a drink at some point," Elizabeth says.

This is why I watch this show. Yeah, yeah, it's about international events — ambassador trade agreement embargo diplomacy blah blah. What it's really about is how women navigate their careers/personal lives.

Elizabeth is a diplomat — but aren't we all, when it comes to massaging bosses' egos, managing underlings and trying to keep our families from resenting us too much. Women in power talk about teething. Right on.

After this, we cut to Elizabeth at home, lugging a suitcase down her stairs in heels, while her husband and daughters sit a metre away at the breakfast table, immersed in their phones.

"Okay, I'm off to the treaty signing in Myanmar!" Elizabeth trills. No one even looks up. Every working mother has played that scene.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro HOME

Your essential daily news

Objects from Kennedy 'Winter White House' net almost $500K U.S. at auction

MEET THE CONDO

Here comes the Waterford Sun

CONTRIBUTED

Project overview

This 63-unit condominium building is the first in a master plan that includes three, four-storey buildings in a developing neighbourhood in northwest Winnipeg. Two modern condominiums and one luxury rental residence will bring 189 new living spaces to the area called Waterford Green. Construction is underway with occupancy expected this fall.

Location and transit

It's a five-minute drive to the Tyndall Park area for most daily living essentials. Garden City Shopping Centre and its surrounding restaurants and services is 10-minutes away, as is the Seven Oaks Hospital and adjoining Wellness Institute. The building is also on a public transportation route. Once complete, Village Centre will offer retails services just steps away from the building.

In the neighbourhood

Perhaps one of the most unique features of Waterford Sun is the private children's splash pad nestled on the grounds. The Waterford Green neighbourhood includes a two-lake system surrounded by plenty of green spaces plus a multi-purpose sports field and children's playgrounds. Community sidewalks and bicycle paths connect the residential spaces to the Village Centre retail hub.

Housing Amenities

Oversized windows, tiled kitchen backsplashes, quartz countertops, upgraded fixtures, designer lighting packages and luxury wood grain vinyl flooring are part of all the standard suites. Plenty of upgrades are available too. The building includes storage lockers, a fitness room, spacious lounge and parking both at grade and underground.

SHEL ZELKEWICH/FOR METRO

NEED TO KNOW

What: Waterford Sun Condominiums
Builder: Pre Con Builders
Designer: 701 Architecture
Location: 100 Waterford Green Commons at Dr. Jose Rizal Way
Building: Four storey with elevator
Sizes: 670 sq. ft. to 1,210 sq. ft.
Pricing: Starting at $199,975
Suites: One, two and three bedrooms suites, some with one and some with two bathrooms
Status: Under construction
Occupancy: Summer 2016
Sales centre: Dr. Jose Rizal Way at Highwater Path
Phone: Carmelynn Ramos 204- 295-2224 or Greg Grewal 204-453-7653
Website: waterfordsun.ca

HOME IMPROVEMENTS

The millennial homeowner must-haves list

It's no real surprise that home improvement trends vary from generation to generation. Presumably, someone once loved that popcorn ceiling you scraped off immediately after moving in.

Same goes for the layers and layers (and layers) of floral wallpaper. As for the floor-to-ceiling wood paneling, well, the '60s gave us many gifts, and nothing in this world is free.

But a new survey from Better Homes and Gardens shows that millennial homeowner trends go beyond paint preferences. According to the study — which looked at 1,600 female homeowners across the U.S. — the 35-and-under set wants more than an on-trend abode.

"Millennials are masters at putting personal expression into execution," says Jill Waage, brand executive editor for Better Homes and Gardens.

Here are some of the survey's most millennial-y findings.

Customization

After coming of age during the rise of social media, the real estate market's newest generation wants a home that speaks to them personally. "Millennials don't know life without being able to set, update, or modify their preferences," says Waage. "From screensavers to photo filters, customization has always been a tap or a swipe away." Around two-thirds of survey respondents reported that having a customized home was a priority.

Smart features are a must

More than ever, millennials are incorporating "smart" technology to make their homes more energy-efficient, comfortable and secure. Of those surveyed, 68 per cent believed that these upgrades were a good investment, while 73 per cent reported feeling more safe because of them. Smart appliances were the most popular improvement, but less mainstream options are on the millennial radar, as well: 36 per cent of those surveyed said they would like features to track their sleep habits.

Work, meet play

Compared to previous generations, millennials are also more interested in improving their recreational areas, particularly outside. On their wish lists: landscape lighting (27 per cent), a fire pit (26 per cent) and comfy, living room-worthy seating (24 per cent).

Generation DIY

While millennials might be able to justify paying for personalized pads, this is, nevertheless, a generation that entered the workforce as the economy nosedived. When the price tag is too high, the Pinterest instincts kick in. "They value home ownership and see it as a good investment, but their budgets are tight and they have to get creative," says Waage. MONICA WEYMOUTH/FOR METRO IN NEW YORK

Millennials are into DIY projects as a way to save money and show off their personalities. ISTOCK

Kondo strives for 'world peace'

SPARK JOY

Queen of tidying up aims high in follow-up

Author of the international best-seller The Life-Changing Magic of Tidying Up (Ten Speed Press, 2014), Kondo became famous for advising readers how to transform their lives by sifting through their belongings one by one, embracing those that "spark joy" and bidding a fond but hasty farewell to the rest.

Her new book, Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up (Ten Speed), provides illustrations and more detail.

"After I published my first book, a lot of readers came with a lot of questions," the petite, soft-spoken Kondo said in Japanese, after a presentation to a packed auditorium at the Japan Society in New York.

She also has a fresh perspective as a new mother.

"My daughter is only six months old, so my method hasn't changed ... She cannot make a mess yet. What has surprised me most is the amount of stuff a baby needs," Kondo said, sitting primly at the edge of her seat.

With an understated sense of humour, she notes in her new book that one of the people with whom she has had to share her storage methods is her new husband, himself so minimalist that he moved in with only four cardboard boxes of belongings.

"I am learning that unspoken family rules differ from one household to another, and that storage methods I had assumed were obvious need to be properly shared and explained," she writes.

Kondo's earlier book had no illustrations; Spark Joy is full of her charming, child-like drawings of everything from organized kitchen cupboards, to folding techniques for clothes ranging from underwear to frilly blouses to hoodies.

"It is very important that you know how to fold clothes in the correct way," she informed the crowd at the Japan Society, before daintily approaching a demonstration table where a small pile of clothing awaited. For one thing, "make sure you put a lot of love through your palms," she said. She folded one item after another into a tiny cube, balanced each on edge to show how tightly wound it was, then tucked them neatly into what resembled a lidless shoe box.

Kondo suggests setting the boxes of origami-esque parcels in drawers so that each is a joy-provoking bento of delights.

Only when we accept unconditionally people whose values differ from our own can we really say that we have finished tidying.
Marie Kondo

Spark Joy includes advice on moving, packing and decorating with tiny, cheerful knick-knacks (this is smile-inducing minimalism).

She even gives a nod to those who don't thrill to tidying up. Kondo admitted to her New York audience that she regrets some of her earlier zeal in discarding her family's belongings. Or, as she says in the new book, "Only when we accept unconditionally people whose values differ from our own can we really say that we have finished tidying."

While she may have mellowed in some respects, her goals are in no way diminished. Proper tidying up, she happily announced to the rapt audience, brings not only life-changing magic but a sense of joy that can spread from household to household, country to country.

"I believe my method will lead to world peace in the end," she said, smiling sweetly.

Or at least a lot of astoundingly well-folded socks.

THE ASSOCIATED PRESS

Marie Kondo became famous for telling people to go through everything they own and only hold on to items that "spark joy." She's back with more advice in the illustrated follow-up Spark Joy: an Illustrated Master Class on the Art of Organizing and Tidying Up. NATSUNO ICHIGO/TEN SPEED PRESS

THE JOY OF UTILITY

Don't toss that screwdriver

What about those pesky possessions that fail to spark joy yet are undeniably useful? Well, functionality can be beautiful too.

"After discarding a hammer because the handle was worn out, I used my frying pan to pound in any nails," Kondo writes. But after she threw out a screwdriver, "I tried using a ruler to tighten a loose screw, but it snapped down the middle. This almost reduced me to tears as it was one I really liked."

"All these incidents stemmed from youthful inexperience and thoughtlessness," she continues.

Things that make life simpler — "the recognition that a possession is useful in our lives — these, too, indicate joy."

THE KONMARI METHOD

The six basic rules of tidying

1 Commit to it
This is going to take time but once your mind is made up, all you need to do is stick to the method and follow through.

2 Imagine your ideal lifestyle
Clarifying how you want to use your space and what you want it to look like are critical parts of the process.

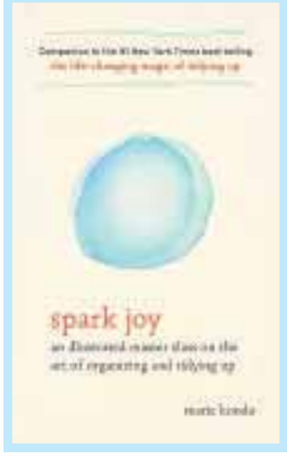
3 Finish discarding first
Don't go out and buy more organizing tools and containers before completing the work of reducing your possessions.

4 Tidy by category
Instead of tackling your bedroom closet, for instance, gather clothing from everywhere it's located in the house and tackle it as a whole so you can see what you truly have.

5 Follow the right order
According to Kondo, it's clothing first, followed by books, papers, "kimono" (miscellaneous) and sentimental items.

6 Does it sparks joy?
Hold each item in your hands to see if it gives you a little thrill. If it doesn't, let it go with thanks for a job well done.

TORSTAR NEWS SERVICE



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Townhomes a taste of new luxury living

Your home should feel like an oasis. There's nothing like coming home to your own comfortable space and living easy.

Lumen at South Pointe, a new collection of move-in-ready rental townhomes in Winnipeg's green, community-oriented Waverley West neighbourhood, was designed to evoke that feeling of coming home.

Kitchens will become the focal point of the house — your place to host friends and loved ones for a glass of wine, or have a communal cook-off.

Sleek appliances like the stainless steel fridge, stove, dishwasher and over the range microwave will impress your guests and offer a beautiful workspace.

After your meal, settle in the large, open living area. The interior finishes are modern, clean and inviting.

Homes at Lumen are easy to clean and maintain too, with easy-to-wipe countertops and laminate floors that provide a quality look that won't easily scuff or scratch.

Make the most of the summer at home on your large veranda, porch and patio or balcony. They're the perfect place to grill, entertain, and relax.

Residents will enjoy many extra comforts and conveniences included in the rental. Contemporary window coverings provide privacy, insulation and style. The in-suite washer and dryer will simplify your chores, and the high-efficiency air heating and air conditioning system adapts to your heating and cooling needs. Energized surface parking is included in the rental too.

Residents who are looking for further protection for their vehicle can upgrade to available garage townhomes.

Whatever your needs, Lumen has a space for you. Many home options are available from two-bedroom homes to three-bedroom-and-dens. Finished basements with an additional bathroom, and pet friendly homes are available.

A wide variety of shopping, entertainment and restaurants is right around the corner in the Kenaston Common area.

CONTRIBUTED

The brand new luxury townhome rentals at Lumen start from $1,395 per month.

Schedule a showing today through lumenwinnipeg.com, or visit the leasing centre in person at 206 - 100 Southview Cres., Winnipeg, 204-942-8000. Open Monday to Friday from 4 to 7 p.m., and Saturday and Sunday from noon until 4 p.m.

Lumen
AT SOUTH POINTE
BRAND NEW LUXURY TOWNHOME RENTALS
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TRANSIT SPURS CONDO REVOLUTION

The emerging transit-oriented community in South Osborne is bringing a new feel to Winnipeg — and multi-family builder StreetSide Developments is introducing a product to match.

In response to the growing need for transit-friendly homes in the burgeoning community, StreetSide has developed Parkline Townhomes, a series of upcoming two-storey townhomes with basements to grace Hugo Street South, right next to the Fort Rouge Rapid Transit Station.

Unlike any other condo development in the city, some Parkline homes are equipped to have the basement finished as a self-contained suite, meaning you can use your desirable location and brand-new home as an income generator.

Thoughtful floorplans in the project make exceptional use of space. Plus, with the energy and cost savings of living in an attached townhome — and potential for cost and time savings on your everyday commute — Parkline makes home ownership more affordable and accessible than ever.

Locals already know about the neighbourhood's draws, which include top-tier dining destinations, and well-known and loved entertainment venues like the Park Theatre and Park Alleys bowling centre.

Lose yourself in the decadence and anonymity of a '20s speakeasy at Blind Tiger, or pop into Vera Pizzeria for delicious Neapolitan-style pizza in a cozy environment.

Celebrating something special? Deseo Bistro is a regular on the list of the top restaurants in Canada, and is the flagship offering from celebrated local chef Scott Bagshaw.

The up-and-coming area has exemplary walkability and some of the best transit access anywhere in the city.

Downtown commuters may find it easier to hop on the neighbouring transit line to avoid costly parking fees and the routine hassle.

From the start to finish of your day, Parkline townhomes make everyday living easier. With no yard or home maintenance to take care of, there's more time for the people and things you enjoy.

The townhomes give the feel of a detached home, and come with many of the same perks, including the option for fenced-in private yards ideal for pet owners.

CONTRIBUTED

StreetSide Developments is gearing up for an early 2016 launch for the first phase of townhomes at Parkline. To register for updates, visit www.parklinetownhomes.ca.

SOUTH OSBORNE
Parkline
TOWNHOMES
CLOSE TO EVERYTHING. FAR FROM ORDINARY
OWN FROM $216,900 INCL GST
A LIMITED COLLECTION OF TWO-STOREY TOWNHOME CONDOS STEPS FROM THE FORT ROUGE RAPID TRANSIT STATION
Representing an extraordinary new vision in condominium living, Parkline Townhomes offer a unique income suite opportunity, making home ownership more affordable than ever. As part of an emerging transit oriented development, Parkline provides access to everywhere you want to be, with a living space that you might never want to leave.
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The living is easy in Southlands Village

CONTRIBUTED

A quick drive through Southlands Village reveals a community where nature, serenity and quality reside. It's an area where no two houses are the same — all builds are custom — and every property comes complete with high-end landscaping, in-ground sprinklers and a deck to enjoy life outdoors.

"It's cosy and relaxed, with almost a getaway feeling to it. It's Southlands Village — and there is nothing else like it," says Dan Rolfe, president of Maric Homes. "It's located in a very quiet part of East St. Paul, so you feel rural and private enough that you know you're somewhere special, but you're also only minutes away from shopping, entertainment, golf, and the perimeter for easy access to the lake for the weekend."

This sense of serenity and relaxation echoes the Southland Village approach to home ownership; a common element fee ensures your yard and driveway are maintained year-round, so you can say goodbye to your lawn mower and shovel.

"I really think it's unique in the way that you don't have to maintain your property, but you don't sacrifice privacy and luxury," Joel Neufeld, of Irwin Homes, says. "You don't have to downsize to live there. You get everything you want in a brand new luxury bungalow — and you gain easier living."

The Southlands Village approach allows you to put more into your home rather than your yard, and it also offers the peace of mind that every house in the neighbourhood will be landscaped and finished to the same high standards.

The lots in Southlands Village are an incredible value. The uniqueness and maturity of the development and the quality and style of the homes promise to make Southlands Village a great long-term investment.

Jason Arlt, vice-president of Arlt Homes, says now is the perfect time to take a serious look at Southlands Village.

"While the community is working towards completion, there are still great lots available. If you want to live on the lake or you'd prefer a space with a walkout basement, this is the perfect time to get into the community."

Learn more about the Southlands Village approach at www.pfsouthlandsvillage.com

GET YOUR SHARE

OF THE PERFECT LIFESTYLE

SHOW HOMES
OPEN YEAR ROUND

SATURDAY & SUNDAY:
1:00pm – 5:00pm
or by appointment

Custom bungalow homes, pristine landscaping and the serene sounds of nature are the hallmarks of this community just north of the perimeter. With quick access to downtown, the Whiteshell and the area's top golf courses, Southlands Village at Pritchard Farm is the perfect place for those looking to live life to the fullest.

MORE TIME FOR WHAT YOU LOVE

Lawn care, landscaping and snow removal are all taken care of, so you have more time for what you want to do!

QUALICO® communities

Visit our website to learn more.
pfsouthlandsvillage.com

Southlands Village Pritchard Farm

EMBRACING WINTER AT THE FORKS

IT'S THE HOT PLACE TO BE IN THE COLD

In Winnipeg, we know that hiding from the cold is no way to go through winter. Instead, locals and tourists alike head to the city's hub — The Forks.

"The Forks is a place to embrace winter," says The Forks marketing and communications co-ordinator, Kristin Pauls. "We get so much of it in a year, how can you not."

There are plenty of indoor and outdoor activities to choose from, many of them free to the public. As part of the Arctic Winter Glacier Park programming on Sunday, families can hop onto a horse-drawn wagon ride or head to Festival Field where a snowboarding instructor will be waiting to help them learn a few new tricks.

"We also have indigenous programming," Pauls says. "Outside we have a tipi set up while two elders share stories and teach you to make bannock."

The Forks also recently opened part of their world-famous ice-skating trail. The Red River Mutual Trail winds down the Red and Assiniboine Rivers depending on what freezes and provides skaters another way to explore the city.

"We try to push the trail as far as we can, connecting communities across Winnipeg," Pauls says. "As we get the trail into different communities like St. Boniface or Osborne, they are able to skate right into the heart of the Winnipeg and vice versa. It really gives you a different vantage point to be able to see and experience our city."

Along with the trail, visitors can check out the warming huts located on or near the river starting in the third week of January. For more info on those, visit warminghuts.com. In addition to skating, visitors can toboggan or walk on the river alongside skaters.

"If you dress appropriately, you can do so much in winter," Pauls says. "And it's opportunities that you'll never have in the summer so we really try to get people to experience it and I think you fall in love with it … you end up wanting to do it every year."

CONTRIBUTED

ARCTIC GLACIER WINTER PARK PROGRAMMING

Sundays January 17 – February 28 | 1:30 – 4:30pm

Enjoy **FREE** programming on Sundays at The Forks

- Indigenous Programming sponsored by Investors Group
- Horse-Drawn Wagon Rides
- Snowboard Instruction

theforks.com/agwinterpark
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ARCTIC GLACIER WINTER PARK

ARCTIC GLACIER PREMIUM ICE

The Forks

The Great-West Life Assurance Company — Stronger Communities Together™

Investors Group — people who care

Explore the wild in Elkhorn's backyard

CONTRIBUTED

You only need a weekend to enjoy everything that Elkhorn Resort, Spa & Conference Centre has to offer. Less than three hours away from Winnipeg, Elkhorn is a destination of natural beauty and deluxe amenities located in Riding Mountain National Park. For families young and old, it's the ultimate winter getaway.

"The park is right outside our doorstep, so it's easy to access cross country ski trails," says marketing and events coordinator Christina Caperina. "And they have an ice-skating area on Clear Lake… they also have some skating paths by the visiting centre in town and then there's also snowshoeing trails so you can go out and it's really pretty out there."

Clear Lake is known for its smooth-as-glass skating surface—perfect for recreational skating or a pick-up game of hockey.

"It's really different, because most people come here during the summer and it's a different kind of beauty in the winter, I find," Caperina says.

Elkhorn is family-friendly, with plenty of kid-geared activities that mom and dad can enjoy, as well.

"This year we have dogsledding," Caperina says. "And if people want to stay inside, we have our brand new pool that opened in October last year."

The pool is housed in a brand new building on-site, complete with a bucket brigade, lily pad walk and a 20 foot waterslide. The new pool also has a beach entrance and wading area which is perfect for small swimmers.

Families can then head to the Buffalo Bar, which offers tasty classics with a twist such as pork belly tacos and gourmet pizzas.

Couples looking for a more refined dining experience can check out 10 Steakhouse.

"You can just sit and relax and enjoy good conversation with people," Caperina says. She adds that couples can take advantage of the Ultimate Relaxation package, which includes a two night stay in any deluxe room, a credit that can be used at the Solstice Spa and a certificate to be used at one of the lodge's restaurants.

"It's a good way to get out of the city and enjoy winter," Caperina says.

Visit www.elkhornresort.mb.ca for more information.

New pool now open!
What does your winter getaway look like?
At Elkhorn Resort Spa & Conference Centre, winters are all about fun and adventure! With opportunities to snowshoe, ice skate, cross-country ski or ride a dog-sled, you'll never run out of activities to do!
Stay packages available on our website
www.elkhornresort.mb.ca
1.866.355.4676 | frontdesk@elkhornresort.mb.ca | 3 Mooswa Dr East, Onanole, MB (near Riding Mountain National Park)
Elkhorn Resort
Spa & Conference Centre

Lakeview warms up this Valentine's Day

Meal deals and special room rates

CONTRIBUTED

Through the cold winter months, it can be easy to forget some of the fun and exciting things that Winnipeg has to offer — such as a visit to the deliciously entertaining Ichiban Japanese Steakhouse & Japanese Pub or the Blue Marble Restaurant and Lounge.

Luckily, Lakeview Hotels is offering a couple of Valentine's Day deals to spice things up.

"The Blue Marble, that's inside of the Grand (Winnipeg Airport Hotel), is offering a special four-course meal with dessert (Feb 12. to 14)," says Lakeview Director of Marketing Adam Rothenberger. "If you enjoy a meal with us on Valentine's weekend, you can get a special rate on a room at the Grand for $80."

Or, diners can head to the famous Ichiban restaurant where they will be served a decadent dinner of jumbo prawns, teriyaki chicken and filet mignon by their table's personal chef.

"It's a really fun kind of place, not your typical restaurant experience where you would sit at your own table," Rothenberger says. "It's what they would call communal dining… and that chef is pretty well your personal chef for the duration of your time there."

Dinner at Ichiban on Feb. 13 and 14 is $50 per person, and couples then have the choice to rent a room at the Four Points by Sheraton — Winnipeg Airport for $85.

"It's one way to have yourself a staycation, if you're looking to get out of the house for a little while," Rothenberger says. He adds that Ichiban is a great way to warm up — literally.

"There's an awful lot of fire that goes on literally right in front of you as the chef is cooking," he says. "The chef is cooking, he's doing tricks, he's telling jokes and he's lighting things on fire… it's definitely one way to heat up during the winter season, and a fun place to check out for a Valentine's Day date."

And of course, the rooms are pretty cosy as well.

"They're always very comfortable, and very warm. We make sure of that," Rothenberger says.

Ichiban
Japanese Steak House
Teppanyaki Dining - Japanese Pub
::Validated Parking::
Feb 13 & 14, enjoy a special Dinner of Jumbo Prawns, Teriyaki Chicken, & Filet Mignon.
$50 per person.
Spend the night in a suite at Four Points by Sheraton - Winnipeg Airport at a special "Suite Deal" rate! Available with Ichiban Reciept!
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♡ Hot & Cool Valentine's Day Meals! ♡
Feb 12 - 14, enjoy a special four-course meal with Dessert.
$85 per person. (Optional wine paring +$50)
Spend the night at The Grand Hotel by Lakeview at a special rate!
Available with Dinner Purchase!
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Conditions apply. call restaurants for details.

Striking gold with household treasure

ISTOCK

Believe it or not, there is a bright side to the sinking Canadian dollar. Since the price of gold is quoted, internationally, in U.S. dollars, the current U.S.-Canadian exchange rate works in favour of people looking to sell their gold for Canadian dollars. And, according to the president of Manitoba's largest gold buying network, Winnipeg Gold Buyer, it isn't just an opportune time to liquidate gold.

"Silver fluctuates in value the same as gold," says Mark Rzepka. "When the Canadian dollar is weak, it significantly increases the value of your silver items."

While jewellery is the most common selling item, Rzepka says there are many miscellaneous items that people may overlook. Among these are tokens, war medals, silverware, and sterling silver teapots, platters and trophies.

"Heavier silver items like tea services and flatware can be worth quite a bit of money based on their substantial weight," he says. "There are also many silver-plated items out there, which are relatively worthless. But in many cases you require an expert to tell the difference. War medals are another completely distinct area of expertise. At Winnipeg Gold Buyer, we have a specialist in war memorabilia."

When it comes to items such as coins or paper money, don't write off newer items as worthless, says Rzepka. Coins and banknotes do not necessarily have to be "old" to be valuable. Conversely, even if they are extremely old, that doesn't mean they will have value.

"Coins are treasured by collectors for their rarity, condition and visual appeal," he says. "Determining value requires an extensive experience in grading coins and knowledge of the market and trends. The value of paper money, meanwhile, is a factor of its relative scarcity, condition and a number of very specific factors including the serial number."

Established in 2009 with a commitment to fair pricing and respectful customer service, Rzepka says Winnipeg Gold Buyer ensures clients always leave fully paid — with cash in hand.

"We provide complimentary, no-obligation appraisals and offers to purchase," he says. "If you do choose to sell to us, you will be paid in cash on the spot."

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Minnesota Timberwolves forward Andrew Wiggins will play in the NBA All-Star Rising Stars Challenge on Feb. 12 in his hometown Toronto

Weston Dressler is now a Blue Bomber after eight seasons catching passes with the Roughriders. JOHN WOODS/THE CANADIAN PRESS

Trolling Riders just a pleasant side effect

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

The Winnipeg Blue Bombers got a head start on CFL free agency this week and stoked the fires of their fiercest rivalry at the same time. Weston Dressler, the long-time fan-favourite of Rider Nation is now a Blue Bomber after eight seasons in Regina.

Once Chris Jones left the Grey Cup champion Edmonton Eskimos and became the new head coach and GM of the Saskatchewan Roughriders, it was clear big changes were coming in Regina. A major player overhaul began almost immediately. But most Rider fans were caught off guard and less than pleased when standouts John Chick and Weston Dressler were released on Jan. 16.

Bomber GM Kyle Walters acted quickly and presented Dresser and his representatives with a contract offer and after a few days of consideration, the signing was made official Tuesday. Dressler inked a two-year contract with Winnipeg reportedly in the neighbourhood of $170,000 per year.

With immense pressure to improve the team and get the Bombers back to being a playoff team and eventually Grey Cup contenders, the addition of Dressler is a coup for Walters. But it is just the start of a pivotal off-season for the team with CFL free agency beginning in early February.

Make no mistake, this has nothing to do with sticking it to the Riders. Dressler provides the Bombers a sure-handed and reliable outlet for Drew Willy and should help immediately in Paul LaPolice's new offence. He replaces Nick Moore who, while very talented, never amounted to what the Bombers were hoping for when they signed him to a big-ticket free agent deal two years ago.

In addition to Dressler's obvious skills and popularity with fans, it's his consistency and durability that should really help the Bombers. In eight CFL seasons, the North Dakota native has only missed 12 games and has five 1,000-yard seasons. Dressler also brings a Grey Cup ring and a wealth of knowledge and experience which will undoubtedly be a welcome presence in the Blue Bombers' locker room.

The rivalry between the Bombers and Riders lost some of its allure last year as both teams suffered through miserable seasons and missed the playoffs. The signing of Dressler in Winnipeg immediately adds not only punch to the Bomber offence, but a big spark to the battle of the prairies in the CFL.

I'm not sure how Dressler will be welcomed back to Saskatchewan by the Watermelon heads in Regina, but I can tell you Bomber fans will love every second of wearing their new blue and gold Dressler jerseys at the Labour Day Classic this season

PERSONAL RIVALRY

Tough sales pitch after move to Winnipeg

Weston Dressler has two big goals now that he'll be catching balls for the Winnipeg Blue Bombers.

One, the veteran receiver wants to help end Winnipeg's four-year playoff drought and claim a Grey Cup championship that has eluded the CFL team for 25 straight seasons.

Two, he'll try to convert his fiancée from Regina and her family into Bomber fans.

"They were obviously upset, or more saddened than upset I should say, to see me not be a part of that organization anymore," Dressler said of his fiancée and her family when he met with Winnipeg media on Wednesday.

"They're obviously fans of the Roughriders. We'll work on getting them in some blue and gold (Bomber colours), though." THE CANADIAN PRESS

CANADIAN JUNIOR CURLING CHAMPIONSHIPS

Newfound success for Nunavut teams

After nearly four years without a win at the Canadian junior curling championships, Nunavut teams have racked up two victories in less than 24 hours.

Arthur Siksik's team from Rankin Inlet ended a 33-game losing streak for Nunavut's men's team at the tournament with a 9-6 win over Matt Miller on Wednesday.

The historic victory came after Sadie Pinksen's women's team beat the Northwest Territories 7-3 on Tuesday.

"Well, actually, I was half happy, half-disappointed," Siksik said with a laugh. "I wanted to be the first. I was being selfish. But it was good to see the girls win."

Pinksen's team, based in Iqaluit, was able to watch the final couple ends and join in the celebration with the Nunavut men.

Meanwhile, in the championship round, 2013 gold medallist Matt Dunstone of Manitoba and Tyson Tardi of B.C. both improved to 7-0.

THE CANADIAN PRESS

Skip Arthur Siksik led Nunavut to victory on Wednesday in Stratford, Ont. J.P. MOCZULSKI/TORSTAR NEWS SERVICE

IN BRIEF

Ducks' Stoner gets 3-year hunting ban, fined $10K

NHL player Clayton Stoner is banned from hunting for three years and must pay $10,000 for killing a grizzly bear on British Columbia's central coast.

The Anaheim Ducks defenceman admitted through his lawyer on Wednesday that he had breached the provincial Wildlife Act. Marvin Stern said his client mistakenly believed he was qualified to participate.

Stoner wasn't in the Abbotsford, B.C., court, instead, Stern pleaded guilty on his behalf to hunting without a licence.

THE CANADIAN PRESS

Grapes envisions dearth of Canadian playoff teams

Canada's seven NHL teams sit outside of the playoffs heading into the all-star break, and Don Cherry doesn't envision the picture getting much rosier come.

The famed hockey pundit predicts the Vancouver Canucks will get into the post-season in the Western Conference, while adding that the Montreal Canadiens could sneak in as one of the East's top eight clubs.

"I think Vancouver will make it and the Canadiens will be knocking on the door," Cherry said Wednesday. "At one time we had six (Canadian teams) in. I'd love to see six in, but I don't think it will happen."

THE CANADIAN PRESS

More power for Hufnagel

The Calgary Stampeders added the role of president to John Hufnagel's job title Wednesday.

Hufnagel, already Calgary's GM, was named president by the Calgary Sports and Entertainment Corporation, which owns the CFL franchise. Hufnagel replaces Gordon Norrie, who now becomes the CSEC's vice-president of sports properties, sales and marketing. THE CANADIAN PRESS

The dish on 'Meatloaf'

TENNIS

Raonic's childhood coach recalls path to stardom

Luke Simcoe
Metro | Toronto

Before he was the Maple Leaf Missile, Milos Raonic's nickname was "Meatloaf."

"I doubt he'd like it if you called him that now," joked his childhood tennis coach, Casey Curtis.

Curtis has known Raonic since he was just an eight-year-old with a racquet in Thornhill, Ont. He coached him for nine years, helping develop the booming serve and driving groundstrokes that have propelled Raonic into the sport's upper echelons.

Ranked 14th in the world, Raonic's success has shone a spotlight on Canadian tennis. He powered his way to the Australian Open semifinals on Wednesday and will face off against Andy Murray on Friday for a spot in the final.

No Canadian man has ever won a grand slam trophy, but Curtis thinks Raonic has what it takes to beat history.

"It looks like he's playing 20 to 25 per cent better, which is a huge improvement for a guy at that level," Curtis said. "I'm glad he's doing it. It's what he's capable of."

Raonic has been playing more like he did when he was young, Curtis said, when he tried to emulate the serve-and-volley style of his idol, Pete Sampras.

"I can show you video from when Milos was a kid. His game hasn't changed much," he said. "He may be a quiet guy, but on the court he's an aggressive player who likes to go for his shots."

That aggression was a problem for the younger Raonic, who Curtis described as "a rambunctious junior" with a "temper."

Carlos Moya, a former tennis pro who is part of Raonic's coaching staff, "has taught him to be a little calmer, not only during matches but also in between matches," Curtis said.

As Raonic preps for his match against Murray, Curtis is offering up a little advice to his old prodigy.

"I'm not sure a 150 km/h kick serve is going to bother Andy. He's going to need to put some pace on it," he said.

Fortunately for Raonic, big serves are his specialty.

Milos Raonic GETTY IMAGES

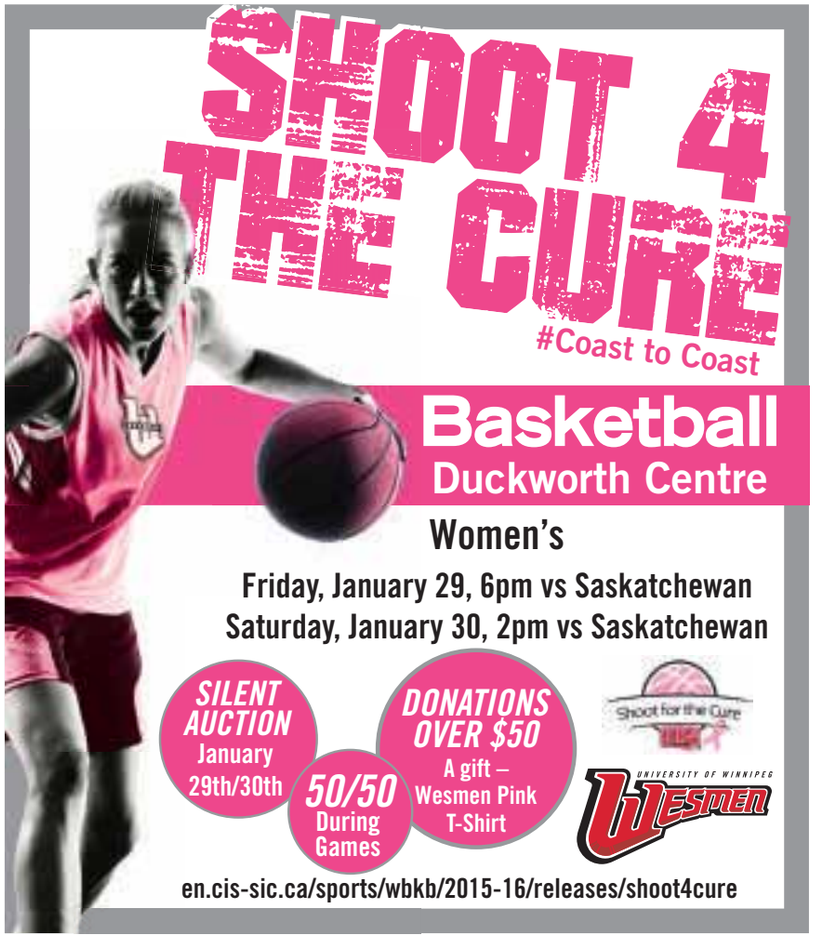
AUSTRALIAN OPEN

Milos Raonic reached the final four in Melbourne for the first time Wednesday with a 6-3, 3-6, 6-3, 6-4 victory over Gael Monfils of France.

Raonic, who is known for his big serve, had just 10 aces to Monfils' 14.

The 25-year-old, who equalled his personal-best winning streak of nine matches from 2012, completed the victory in just over two hours.

Raonic next plays No. 2-ranked Andy Murray. They are 4-4 in career head-to-head matches, with Murray winning their last two meetings — in 2015 at Madrid and late 2014 in London. THE CANADIAN PRESS



NFL

Newton not worried about pleasing critics

Panthers quarterback Cam Newton suggested for the first time Wednesday that race may play a factor in why he's become a lightning rod for public criticism.

"I'm an African-American quarterback that scares people because they haven't seen nothing that they can compare me to," said the six-foot-five, 245-pound Newton.

The No. 1 pick in the 2011 NFL draft out of Auburn, Newton has his share of detractors who either don't like how he plays, his celebrations or his abundance of self-confidence.

Newton said he learned a long time ago that he can't please everyone.

"People are going to judge, and have opinions on things I don't have control over," Newton said.

> **"I don't think he wants to be known as an African-American quarterback; he wants to be known as a quarterback."**
> Coach Ron Rivera

The stout and speedy Newton is beating teams with his arm and his legs, throwing for 35 touchdowns and running for 10 this season. He has helped lead the Panthers to their first Super Bowl since 2003. THE ASSOCIATED PRESS

Cam Newton has been doing his fair share of "dabbing" recently. GRANT HALVERSON/GETTY IMAGES

IN BRIEF

Lowry questionable for Raptors' next game

The Toronto Raptors could be without all-star point guard Kyle Lowry when they play for a franchise-record 10th win in a row.

Lowry didn't practise Wednesday after hurting his left wrist in Toronto's 106-89 win over the Washington Wizards the previous night, and is questionable for Thursday's game against the visiting New York Knicks. THE CANADIAN PRESS

What do you guys want me to do, turn my brain off because I have a huge basketball IQ?

LeBron James on speaking his mind with coaches

Aguero leads Man City into League Cup final

Sergio Aguero clinched Manchester City a place in the English League Cup final by scoring the decisive final goal in a 3-1 win over Everton on Wednesday, sealing a 4-3 victory on aggregate.

The match was heading for extra time, only for Aguero to head in a cross from De Bruyne in the 76th and set up a match against Liverpool at Wembley Stadium on Feb. 28. THE ASSOCIATED PRESS

Rio will 'overwhelm' the world: IOC president

IOC president Thomas Bach predicted on Wednesday that the Olympics in Rio de Janeiro will "overwhelm" the world, despite Brazil's deep financial crisis.

Bach, visiting Athens for a sporting awards ceremony, described Brazil as being in a "situation of crisis," but said the country was on course to stage "an Olympic Games with a great joy of life and a great passion for sport."

Brazil has suffered a serious financial downturn and is currently grappling with an outbreak of the mosquito-borne Zika virus that has caused international health concerns. THE ASSOCIATED PRESS

RECIPE Chicken Milanese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This crispy, lemon-y chicken is highly addictive and should only be cooked if you're ready to make it once a week for the rest of your life. You've been warned.

Ready in
Prep time: 15 minutes
Total time: 30 minutes
Serves 4

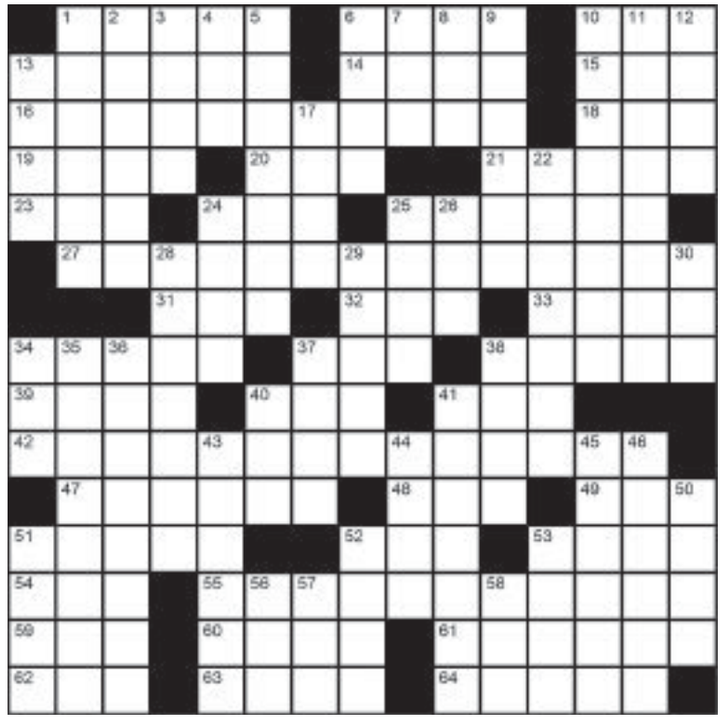
Ingredients
- 1 pint of cherry tomatoes
- 1 garlic clove, sliced
- 2 Tbsp olive oil
- 1 Tbsp of balsamic vinegar
- Salt and pepper
- 2 chicken breasts
- 1 cup panko
- 1/3 cup Parmesan cheese, finely grated
- 1 Tbsp lemon zest
- 2 eggs
- 1 or 2 Tbsp olive oil

Directions
1. Preheat oven to 400 F.
2. Place tomatoes, garlic, olive oil, vinegar, salt and pepper on a baking sheet. Toss together then bake 20 minutes. Set aside.
3. With a sharp knife, slice the chicken in half so you end up with four thin cutlets. Place them on a work surface between two sheets of cling film. Use a rolling pin or meat mallet and pound until cutlets are 1/4-inch thin.
4. Whisk eggs in a shallow bowl. Mix panko, Parmesan, lemon zest and salt and pepper on a plate. Dip each piece of chicken into the egg, then press them on each side in the panko mixture and place on a clean plate.
5. Pour olive oil in skillet over medium heat. Place chicken in the hot oil and cook on each side until they're golden brown and crispy, about 5 minutes a side.
6. Serve with fresh arugula and roasted cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sampled
6. Alpha, __, gamma...
10. "Law & Order: _ _ _"
13. TV personality Ms. Shepherd
14. Awestruck
15. Never: German
16. As per #27-Across... _ _ citizen
18. Basketball's li'l Magic city
19. Barge _ _ (Intrude)
20. Shed tool
21. Play it up on stage
23. Green places in cities [abbr.]
24. __-dropping
25. "Calling Occupants of Interplanetary Craft" is a song by Canadian band __ that The Carpenters covered in 1977
27. It says only a #16-Across is eligible for Office of President: acr. + wd.
31. Egg layer
32. Mr. McMahon's
33. D'Urbervilles heroine
34. Mr. Martin (Coldplay singer)
37. Angry
38. Cast
39. Judge
40. Games org.
41. Superstar
42. Tom Cochrane hit: 4 wds.
47. Sparks of light
48. Little: French
49. Cave
51. Treaty of __ (War of 1812 finisher)
52. Web feed syst. for updates
53. Rattle
54. Sen. Ted Cruz (_-_): 2016 Presidential candidate who came into the world in Canada in 1970, that's why #27-Across has been in headlines lately
55. Start of the American document at #27-Across created in 1787: 3 wds.
59. Riddle-me-__
60. "Rolie Polie _"
61. GM car safety system
62. Medical pros
63. Actress Ms. Ward
64. Breakfast serving

DOWN
1. Alanis Morissette song: wd. + letter
2. Flip the coin again
3. Lady Antebellum's "_ _ to You"
4. Be mistaken
5. Actress Ms. Carroll
6. Styx tune
7. Self-importance
8. Leafs, on scoreboards
9. Lamb: French
10. Even more snobby
11. Skilled violinist
12. River to the Ubangi
13. Cut
17. Un-highs
22. Actor Mr. Perry
24. Pesci and Piscopo
25. Captain __ (17th-century sailor)
26. Mil. officers
28. Add one's opinion to the debate: 2 wds.
29. Instruct
30. Australian state [acronym]
34. Gladiator's 450
35. Intensify
36. Automatic reactions
37. Extinct flightless birds
38. "Ac-Cent-__-Ate the Positive"
40. 'Lobby' suffix
41. Laser target in a dermatologist's office, perhaps: 2 wds.
43. How animals boarded Noah's Ark: 2 wds.
44. __ dixit (Unproven claim)
45. Adjusts
46. Loudly scold: 2 wds.
50. Not ever, poetically
51. Rover's warning
52. Ms. Perlman
53. Pink: Spanish
56. 'Client' ending (Patronage)
57. Up to, poetically
58. Antacid brand

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't back off. The only way you are going to get past your problems is by rolling up your sleeves and getting stuck in to whatever it is that is making you feel blue.

Taurus April 21 - May 21
Your social life will get a boost- and there's a possibility that love will come into your life — you will certainly meet someone who gets your pulse racing. It may not be the love of your life, but it will be fun!

Gemini May 22 - June 21
You are living beyond your means and must make the necessary adjustments. They will be even more painful in the long-term if you don't make them now.

Cancer June 22 - July 23
You have to be ruthless with those who seem to get a kick out of making life difficult for you. Both in your personal life and at work don't be afraid to cut ties that hold you back.

Leo July 24 - Aug. 23
There are times when even a Leo knows they must bend with the breeze. The winds of change are simply too strong for you to resist any longer. It's time for a change!

Virgo Aug. 24 - Sept. 23
You're in one of those moods — you enjoy stirring up trouble. There's something in the Virgo nature that delights in creating chaos. You're sure to say or do something that causes an uproar today.

Libra Sept. 24 - Oct. 23
You're willing to fight for what you believe in, and that's good because you will be challenged by someone who disagrees strongly with your opinions today. Don't give them an inch — there is no middle ground!

Scorpio Oct. 24 - Nov. 22
Someone will come into your life and open your eyes to new possibilities. They'll remind you that, important as your own affairs are, there is a world out there that cannot be ignored.

Sagittarius Nov. 23 - Dec. 21
You seem to prefer the dream world inside your head to the real world around you. What happens next will remind you that the real world is not such a bad place.

Capricorn Dec. 22 - Jan. 20
Look back over the past few months and ask yourself what you actually achieved. Rather a lot, most likely, so why are you still feeling down? Snap out of it because new opportunities are coming. Be ready for them.

Aquarius Jan. 21 - Feb. 19
Your head is full of great ideas but they must stay there; you won't have the chance to follow up on them for a while. Even if you miss one opportunity there will always be another.

Pisces Feb. 20 - March 20
Focus on what it is that you do better than anyone else. The more narrow your range the more successful you will be. If an issue doesn't concern you directly you must ignore it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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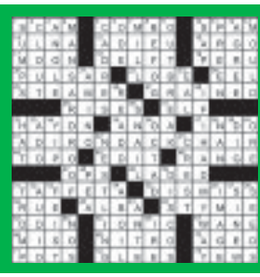

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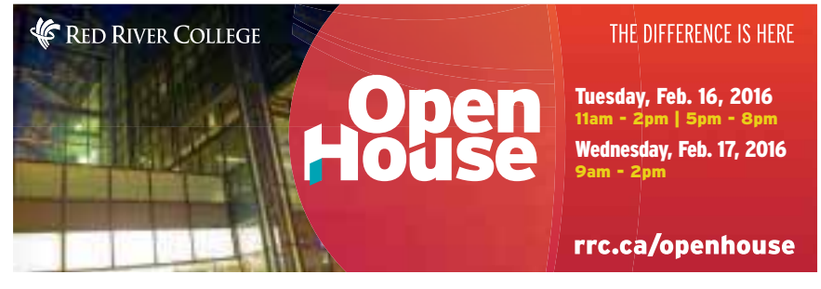

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